



Good Sources of Nutrients **Vitamin A**

Vitamin A at work

- Helps improve vision, especially at night
- Helps babies grow and develop during pregnancy
- Protects you from infections
- Is a source of beta-carotene, an antioxidant

Vitamin A for your health

May help prevent:

- Night blindness
- Upper respiratory infections
- Certain types of cancer

Where is vitamin A found?

Vitamin A is a nutrient found in a variety of animal and plant foods. Here are some examples of vitamin A rich foods from the different food groups in MyPyramid:

Grain group:

- Fortified, ready-to-eat cereals
- Fortified, cooked cereals such as oatmeal

Vegetable group:

- Dark yellow, orange and red vegetables such as carrots, sweet potatoes and bell peppers
- Dark green, leafy vegetables such as spinach, collard, kale, turnip and mustard greens

Buenas fuentes de nutrientes **Vitamina A**

La función de la vitamina A

- Ayuda a mejorar la vista, especialmente la visión nocturna
- Ayuda el crecimiento y desarrollo de bebés durante el embarazo
- Lo protege contra infecciones
- Es una fuente de beta-carotena, un antioxidante

Vitamina A para la salud

Puede ayudar a prevenir:

- Ceguera nocturna
- Infecciones del tracto respiratorio superior
- Ciertos tipos de cáncer

¿Dónde se encuentra la vitamina A?

La vitamina A es un nutriente que se encuentra en una variedad de alimentos de fuentes animales y de plantas. Los siguientes son ejemplos de alimentos ricos en vitamina A de los distintos grupos alimenticios en MiPirámide.

Grupo de granos

- Cereales preparados para desayuno, fortalecidos
- Cereales cocidos tal como la avena, fortalecidos

Grupo de verduras

- Hortalizas de color amarillo, naranja y rojo oscuros, tales como zanahorias, camotes y pimentones
- Verduras de color verde oscuro tales como, espinacas, coles, col rizada, nabos y hojas de mostaza

Fruit group:

- Dark yellow and orange fruits, including apricots, cantaloupe, mangos, papaya and peaches

Milk group:

- Fortified milk
- Cheese

Meat and beans group:

- Eggs
- Fish
- Poultry

Ask a physician, registered dietitian or pharmacist whether you should take a dietary supplement such as a multivitamin pill.

Sources

1. U.S. Department of Agriculture. MyPyramid. www.MyPyramid.gov
2. USDA. *Dietary Guidelines for Americans, 2005*. www.healthierus.gov/dietaryguidelines
3. National Institutes of Health. Office of Dietary Supplements. <http://dietary-supplements.info.nih.gov/factsheets/vitamina.asp>

Grupo de frutas

- Frutas de color amarillo y naranja oscuro, como son los albaricoques, melones, mangos, papayas y duraznos

Grupo de productos lácteos

- Leche fortalecida
- Queso

Grupo de carnes y frijoles

- Huevos
- Pescado
- Aves de corral

Consulte a su médico, dietista licenciado o farmacéutico para averiguar si necesita tomar un suplemento dietético tal como multivitamínicos.

Fuentes

1. U.S. Department of Agriculture. MyPyramid. www.MyPyramid.gov
2. USDA. *Dietary Guidelines for Americans, 2005*. www.healthierus.gov/dietaryguidelines
3. National Institutes of Health. Office of Dietary Supplements. <http://dietary-supplements.info.nih.gov/factsheets/vitamina.asp>



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